Love gives life within.

Love is imperative to one's mental and physical welfare. ('Ōlelo No'eau, #2836)

What's Happening in Hawai'i?



HIGH SCHOOL



students DO NOT have a teacher or adult at school they can talk to when they have a problem

Signs of bullying

- Headaches
- Depression
- Loss of friends
- School absenteeism
- Academic problems

Reasons why students might not report bullying to adults

- Negative messages about tattling and snitching
- Gender stereotypes
- Concern about retaliation
- Lack of confidence in adults' actions

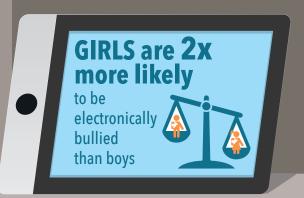
students say bullying is a problem at school



IIDDLE SCHOOL



of students say bullying is a problem at school



Source: Hawai'i Youth Risk Behavior Survey 2017

Spectrum of bullying

Pushing

Hitting

Damaging property

Harassment

Frequent unwanted texts

Public embarrassment

Invalidation

Uncomfortable



What is **Bullying?**

Any unwanted written, verbal, graphic, or physical act by an individual or group toward another person(s) that causes harm or distress.

Parts to **Bullying**

- Power imbalance
- Intent to do harm • Is REPEATED over
 - Or happens JUST ONCE and is

likely to be repeated.

Hawai'i Bullying Prevention Toolkit

bullypreventiontoolkit.weebly.com/what-is-bullying.html

BULLYING

FORMS OF BULLYING









WHAT CAN I DO AND WHERE CAN I FIND OUT MORE?

What you can do



PREVENT

- Be a role model for positive communication, healthy relationships, and self-care.
- Reinforce acts of kindness, respect, and inclusion.
- Set policies and rules about bullying.



RECOGNIZE

- Know the definition of bullying and its many forms.
 - Talk with and actively listen to the youth who confide in you.
 - Watch for warning signs of bullying.



INTERVENE

If a student reports being bullied

- Be supportive and gather information about the bullying.
- Assure the student that bullying is not their fault.
- Consider connecting the student to mental health services to talk about the experience.
- Ask the student being bullied what can be done to make them feel safe.
- Commit to making the bullying stop and consistently support the bullied student.

If you witness bullying behavior

- Respond quickly and consistently to send the message that it is not acceptable.
- Separate the students involved.
- Meet any immediate medical or mental health needs.
- Stay calm and model respectful behavior.



Common Sense Media

commonsensemedia.org/cyberbullying

Cyberbullying Research Center cyberbullying.org

Growing Pono Schools growingponoschools.com

Hawai'i Bullying Prevention Toolkit bullypreventiontoolkit.weebly.com

Hawai'i State Department of Education

(HIDOE) Anti-Bullying Work hawaiipublicschools.org

Mental Health America of Hawai'i

mentalhealthhawaii.org/youth-suicide-bullyingprevention

Stop Bullving

stopbullying.gov/respond/support-kids-involved/

Hawai'i Sexual & Gender Minority Health Report

health.hawaii.gov/surveillance

STUDENTS

Speak Now HIDOE Anti-Bullying Reporting App

Report bullying incidents on campus – digitally and anonymously. Speak Now HIDOE can be downloaded from the App Store or Google Play.





& TALK

Tell the bully to stop, walk away, and talk to a trusted adult.





